

Asthma Management

CONTROLLING YOUR SYMPTOMS YEAR ROUND

Breathe a breath of fresh air

Take a deep breath. If you have asthma, you understand what a precious gift breathing can be. Controlling your asthma symptoms makes the difference between living life to the fullest or sitting on the sidelines.

Asthma is a disease that affects the lungs and the airways that deliver air to the lungs. Asthma causes repeated attacks of coughing, wheezing and difficulty breathing. The attacks can range from mild to moderate or severe. They can last for a few minutes to a few hours or several days.

Are your asthma symptoms under control?

- + Are you coughing a lot?
- + Does your cough keep coming back, off and on, is it worse at night?
- + Are you wheezing (making a musical, whistling or hissing sound) a lot when breathing?
- + Do you have pain or tightness in your chest?
- + Do you feel you are always short of breath?

If you answered yes to one or more of these questions, you may want to see your health care provider. They can determine if **Putting on AIRS** (Asthma Indoor Risk Strategies) is right for you.



Putting on AIRS

Putting on AIRS (Asthma Indoor Risk Strategies) is a program that helps families identify and reduce in-home triggers that can make asthma worse. Participants enrolled in the program receive three home visits. During visits, patients receive: resources and recommendations to reduce and manage trigger exposure; education on understanding the disease of asthma; an individualized asthma action plan; and information regarding how to properly use daily medications and rescue medications to take during an asthma attack.

Putting on AIRS

is provided at no cost to you!

*Serving the Greater
Middlesex County Area*

To schedule an appointment,
call **860-358-5420**

Asthma Triggers

Asthma flare-ups can be caused by triggers that bother the small airway passages. There are many factors that can make your asthma worse.

It is important to learn which are potential problems for you or your child. Once you determine which factors are causing flare-ups, you can take action to prevent asthma attacks.

You can help avoid asthma flare-ups by cutting down exposure to your triggers.

Americans spend up to 90% of their time indoors. Contact with indoor allergens and irritants may play an important role in triggering asthma episodes.

The most common indoor environmental asthma triggers are:

- + Secondhand smoke (includes smoke from cigarettes, cigars, pipes, and marijuana)
- + Cockroaches
- + Dust mites
- + Molds
- + Pets and other animals with fur or feathers

